VIPER® VG1500™
Leverage System

Workout Manual

This Product is Manufactured Exclusively by

Stamina Products, Inc.

* Actual product may vary slightly from pictured.

300 lbs user weight limit

Please read this manual thoroughly before using your Viper® VG1500™ Leverage System.
Retain this manual for future reference.

CAUTION: Before starting any exercise program, it is recommended that you consult your physician.

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VIPER® VG1500™
Leverage System

Our customer service staff is here to help you with questions you may have concerning parts, assembly and warranty.

1-800-375-7520
cust-srvc@staminaproducts.com
Monday through Thursday from:
7:30 A.M. to 5:00 P.M. Central Standard Time.
Friday 8:00 A.M. to 3:00 P.M. Central Standard Time.

Often just one call can clear up any assembly and parts questions.
Please don't return the item. Call us FIRST.
We kindly ask that you have
the following information ready prior to calling:

- Name of product
- Model number
- Date of purchase
- Place of purchase

WARNING

Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant or suffer from any illness. Please read and follow the safety instructions included in this manual.

FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS BODILY INJURY.

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Disclaimer of Liability

This guide is for informational purposes only. The information contained herein is based on various published sources and represents training methods, health and nutritional practices.

The manufacturer disclaims any liability, loss, injury or damage incurred as a consequence either directly or indirectly, of the use and application of the product or contents herein.

Important Safety Instructions

WARNING: To reduce risk of serious injury, read and follow the Safety Instructions before using your **Viper® VG1500™ Leverage System**.

NOTICE: Perform all exercises slowly and carefully. Omit any movement that causes pain. Until you become stronger, perform all exercises with small, smooth and precise movements. Work to your own level of ability.

1. Read all warnings posted on the VG1500™ Leverage System.

2. We recommend that two people be available for assembly of this product.

3. Read the Owner's Manual and follow it carefully before using the VG1500™ Leverage System. Make sure that it is properly assembled and tightened before use.

4. Keep children and pets away from the VG1500™ Leverage System when it is in use. Do not allow children to use or play on the VG1500™ Leverage System.

5. It is recommended that you place this exercise equipment on an equipment mat.

6. Set up and operate the VG1500™ Leverage System on a solid level surface. Do not position the VG1500™ Leverage System on loose rugs or uneven surfaces.

7. When performing standing exercises at the front of the machine you should stand on the tread plate or use the seated row foot plates to steady your machine.

8. Prior to each use, check the steel cables for wear. Replace steel cables that are frayed or worn.

9. Prior to each use, check, the pulleys for excessive wear. Replace worn pulleys.

10. Inspect the VG1500™ Leverage System for worn or loose components prior to use. Tighten/replace any loose or worn components prior to using the VG1500™ Leverage System. Make sure that all bolts and nuts are tight.

11. Do not use the lat bar as a chin-up bar when it is resting in its storage hooks. Failure to comply with this warning may result in injury and/or damage to the machine.

12. Consult a physician prior to commencing an exercise program. If, at any time during exercise, you feel faint, dizzy or experience pain, stop and consult your physician.

13. Follow your physician's recommendations in developing your own personal fitness program.

14. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.

15. Do not wear loose or dangling clothing while using the VG1500™ Leverage System.

16. Never exercise in bare feet or socks; always wear correct footwear, such as running, walking, or crosstraining shoes. Be sure that they fit well, provide foot support and feature non-skid rubber soles.

17. Care should be taken in mounting or dismounting the VG1500™ Leverage System.

18. The VG1500™ Leverage System should not be used by persons weighing over 300 pounds. The total weight on each leverage arm should not exceed 300 pounds. The total weight for the high/low pulley system should not exceed 400 pounds.

19. The VG1500™ Leverage System should be used by only one person at a time.

20. The VG1500™ Leverage System is for consumer use only. It is not for use in public or semipublic facilities.

WARNING: Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant or suffer from any illness. READ AND FOLLOW THE SAFETY PRECAUTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS BODILY INJURY.

Please Read Prior to Starting Any Exercise Program

All exercise carries some element of risk. To reduce risk please consult with your personal physician to see if you require a complete physical exam. This is especially important if you're over 35 years of age, have never exercised before, are pregnant, have a chronic illness, a history of high blood pressure, heart disease, diabetes, prior chest discomfort, under the care of a physician and taking prescription medications, smoke or have problems with your back, joints or muscles.

In no way is this workout guide intended to be used as a substitute for medical counseling. If you are healthy, begin by gradually increasing your activity level. Always use care when exercising and stop at the first sign of pain. See a doctor prior to restarting your exercise program. Even with medical clearance, the risk associated with exercise can never be reduced to zero.

Things to Remember

Always consult with your physician before you begin any exercise program!

Remember these simple rules before starting the **VG1500™ Leverage System** exercise program.

- Begin by slowly working up to a 20-minute workout, every other day.
- Avoid high-risk moves like quick starts and stops.
- Do not twist inappropriately nor bend incorrectly.
- Add at least 15 minutes of low-impact cardiovascular exercise to your daily regimen like swimming, cycling, bouncing or skiing.
- Keep your hips square, with your shoulders, neck and spine in a straight line.
- Begin with small movements and increase as you get stronger.
- The Viper® leverage arms and high/low pulley system lift at a ratio of 1:2.

Training Tips

1 Always warm up for a minimum of 15 minutes before doing resistance training.

2 On your first set of exercises keep the resistance light.

3 Stretching is recommended after the warm up and at the end of the workout.

4 Repetitions for training effects:

Muscular Endurance - 12 to 25 repetitions with light resistance.

Strength and Endurance - 8 to 12 repetitions with medium resistance

Strength - 1 to 8 repetitions with heavy resistance

5 A minimum of two (2) sets of each exercise is recommended.
Two (2) to three (3) sets is most common.

6 When performing exercises at the front of the machine you should stand on the tread plate or use the seated row foot plate to steady your machine.

Seat Adjustments

To change the seat height, unscrew and pull out the T-knob spring pin, then raise or lower the seat to the desired height. See picture "A".

To change the seatback angle, unscrew and pull out the T-knob spring pin, then adjust the seat back angle to the desired position. See picture "B".

Leg Extension

1 Adjust the amount of resistance by adding plates to or removing plates from the high/low pulley weight carriage.

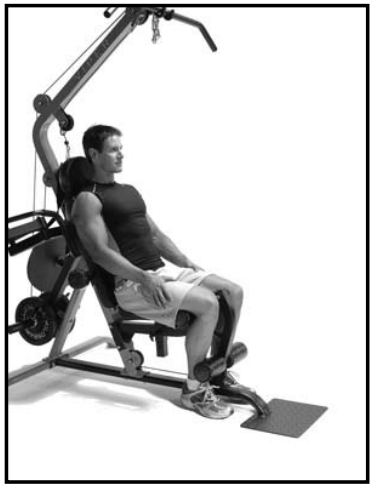
2 Adjust the seatback to a comfortable position.

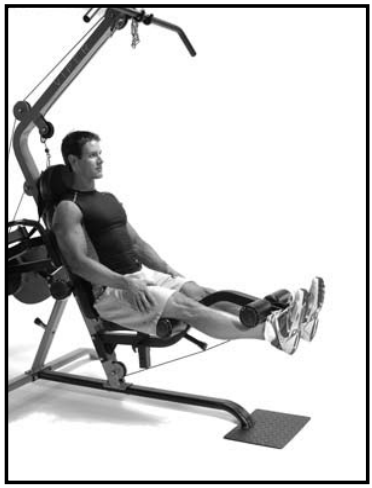
3 Sit on the seat facing forward.

4 Place the back of your legs over the upper foam rollers and place your shins against the back of the lower foam rollers.

5 Extend your legs out and up in front of you as shown. Return to the starting position.

Main muscles used are quadriceps.





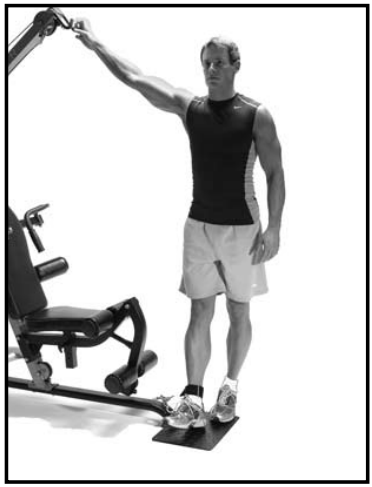
Standing Hip Adduction

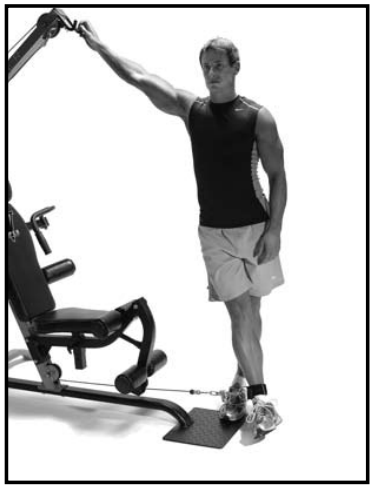
1 Adjust the amount of resistance by adding plates to or removing plates from the high/low pulley weight carriage.

2 Stand facing one side of the machine. Place the foot closest to the rear of the machine into the ankle cuff/handle. You will need to adjust the size of the ankle cuff/handle opening and place around the ankle as shown in the close up.

3 Stand on the treadplate with your free foot. While holding onto the machine for balance, pull your foot across the front of your stationary leg as shown. Return to starting position.

Main muscles used are along the inner thigh.





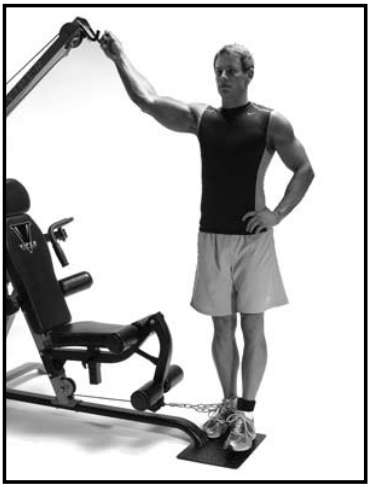
Standing Hip Abduction

1 Adjust the amount of resistance by adding plates to or removing plates from the high/low pulley weight carriage.

2 Stand facing one side of the machine. Place the foot closest to the front of the machine into the ankle cuff/handle. You will need to adjust the size of the ankle cuff/handle opening and place around the ankle as shown in the close up.

3 Stand on the treadplate with your free foot. While holding onto the machine for balance, pull your foot away and out to the side of your body as shown.

Main muscles used are along the outer thigh.



Lat Pulldown

1 Adjust the amount of resistance by adding plates to or removing plates from the high/low pulley weight carriage.

2 Return to the front of the machine and remove the lat bar from the storage hook. Sit on the seat facing the lat bar and tower. Place your thighs under the pads as shown.

3 Reach up and grab the lat bar handles and pull down. Return to the starting position.

4 You can perform variations of the exercise by pulling the bar down behind your head or by leaning backwards. These variations work the lat and mid back muscles at different angles.

Main muscles used are the lats and mid back.

WARNING: Do not use the lat bar as a chin-up bar when it is resting in its storage hooks. Failure to comply with this warning may result in injury and/or damage to the machine.

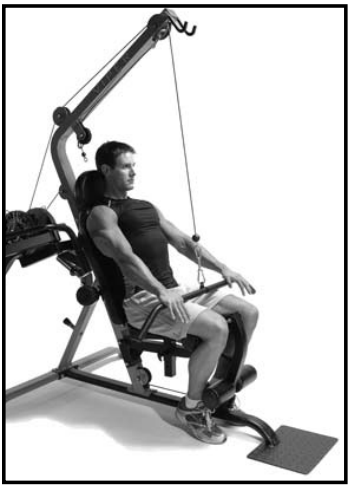
Straight Arm Pullover

1 Adjust the amount of resistance by adding plates to or removing plates from the high/low pulley weight carriage.

2 Return to the front of the machine and remove the lat bar from the storage hook. Sit on the seat facing forward.

3 Reach up and grab the lat bar handles and pull down in an arcing motion while keeping the arms straight. Return to the starting position.

Main muscles used are the lats, mid back and triceps.



Upright Row

1 Adjust the amount of resistance by adding plates to or removing plates from the high/low pulley weight carriage.

2 Attach the straight bar handle with a clip to the cable at the lower end of the leg assembly arm.

3 Stand facing towards the rear of the machine on the tread plate as shown.

4 Bend over to grasp the straight bar handle and then stand up straight. Keeping the straight handle bar close to the front of your body, raise it up towards your chin. Try to keep your elbows pointing up as you raise the straight handle. Return to the starting position.

Main muscles being used are the traps, midback, and shoulders.

Standing Row

1 Adjust the amount of resistance by adding plates to or removing plates from the leverage arm weight carriages.

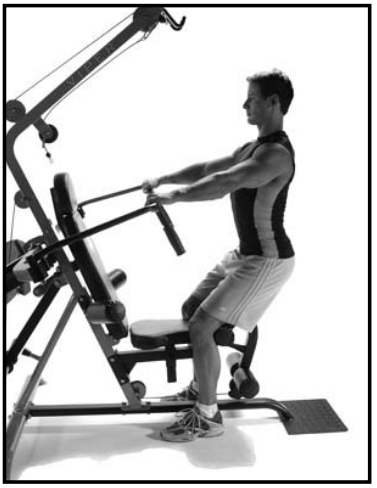
2 Stand straddling the seat and facing towards the rear of the machine.

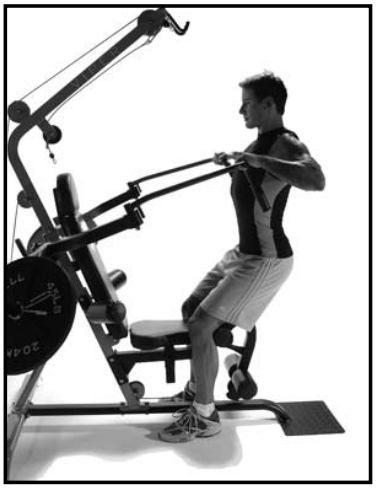
3 Grasp the press arm handles as shown.

4 While keeping your back straight, pull the handles toward you. Return to the starting position.

A variation on this exercise is to keep your hands very close together as if doing a T-bar row.

Main muscles being used are the traps, lats, midback, lower back and shoulders.





Seated Row

1 Adjust the amount of resistance by adding plates to or removing plates from the high/low pulley weight carriage.

2 Attach the straight bar handle with a clip to the cable at the lower end of the leg assembly arm.

3 Facing towards the rear of the machine, raise the front half of the tread plate to form the rowing footrest.

4 Sit down on the floor facing the machine and place your feet on the rowing footrests. Keep your knees slightly bent.

5 Bend over to grasp the straight bar handle and then straighten up. While keeping the straight bar handle above your knees, pull the handle towards you. Return to the starting position.

Main muscles being used are the traps, midback, lower back and shoulders.

Bench Press

1 Adjust the amount of resistance by adding plates to or removing plates from the leverage arm weight carriages.

2 Adjust the seatback to a comfortable position.

3 Sit on the seat facing forward.

4 Reach to your sides and grab the bent arm handles on the horizontal section as shown.

5 While keeping your stomach tight and back straight, press the handles straight out in front of you. Return to starting position.

Variations of this exercise can be achieved by changing the seat height and/or the seatback angle. You can perform the exercise by holding the vertical section of the handles. You can also keep your arms close to your body to place greater emphasis on your shoulders and triceps.

Main muscles used are the pecs, shoulders and triceps.

Chest Fly

1 Adjust the amount of resistance by adding plates to or removing plates from the leverage arm weight carriages.

2 Adjust the seatback to a comfortable position.

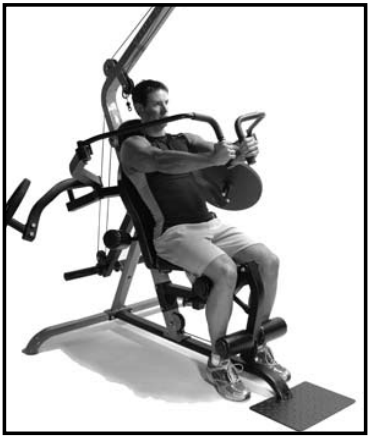
3 Sit on the seat facing forward.

4 Reach to your sides and grab the vertical sections of the bent arm handles. With your palms facing forward open your arms out as shown.

5 Bring your hands together in an arcing motion while keeping your arms in a mildly bent position. Be careful not to bump your hands at the top position. Return to starting position.

Variations of this exercise can be achieved by changing the seat height and/or the seatback angle.

Main muscles used are the outer pecs, shoulders and biceps.



Front Shoulder Raise

1 Adjust the amount of resistance by adding plates to or removing plates from the high/low pulley weight carriage.

2 Attach the straight bar handle with a clip and chain to the cable at the lower end of the leg assembly arm.

3 Sit on the seat facing forward.

4 Reach down and grab the straight bar handle with both hands as shown.

5 While keeping your stomach tight and back straight, raise the handles in an arcing motion straight out in front of you to shoulder height. Return to starting position.

Main muscles used are the shoulders and trapezius.

Lateral Shoulder Raise

1 Adjust the amount of resistance by adding plates to or removing plates from the high/low pulley weight carriage.

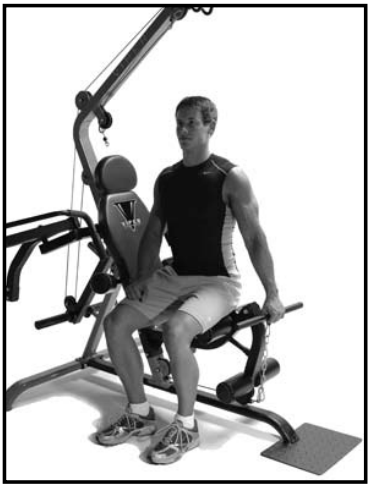
2 Attach the straight bar handle with a clip and chain to the cable at the lower end of the leg assembly arm.

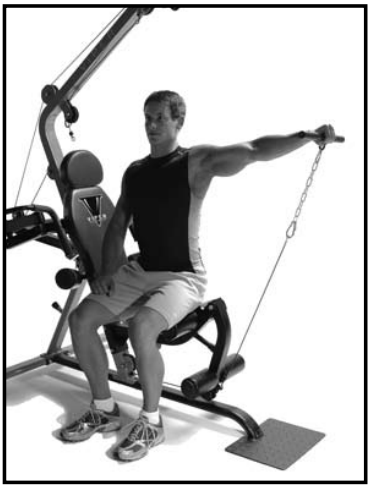
3 Sit on the seat facing sideways.

4 Reach down and grab the straight bar handle with one hand as shown.

5 In a slow and controlled manner, raise the handle in an arcing motion straight out to your side. Stop at shoulder height. Return to starting position. Repeat the movement on your opposite side.

Main muscles used are the shoulders and trapezius.





Standing Biceps Curl

1 Adjust the amount of resistance by adding plates to or removing plates from the high/low pulley weight carriage.

2 Attach the straight bar handle with a clip and chain to the cable at the lower end of the leg assembly arm.

3 Stand facing toward the rear of the machine on the tread plate as shown.

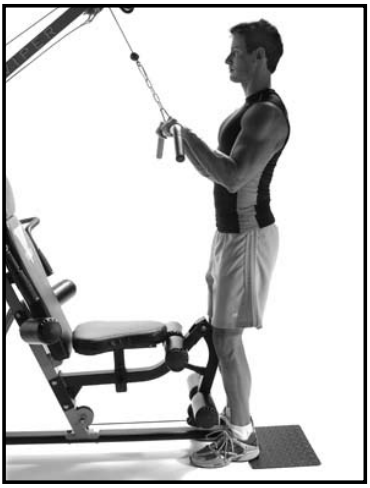
4 Bend over to grasp the straight bar handle and then stand up straight. Keep your upper arms close to the sides of your body.

5 Bending at the elbows, pull the handles up in an arcing motion toward your shoulders as shown. Return to the starting position.

Main muscles being used are the biceps and shoulders.

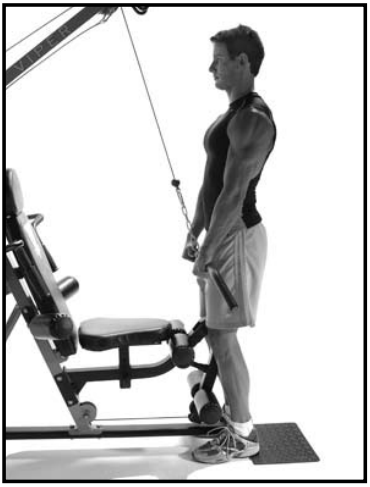
Triceps Pressdown with Lat Bar

1 Adjust the amount of resistance by adding plates to or removing plates from the high/low pulley weight carriage.



2 Stand on the treadplate as shown and face towards the rear of the machine.

3 Reach up and grab the lat bar as shown. While keeping your upper arms in position, pull the lat bar down in an arcing motion. Return to the starting position.



Variations on this movement can be achieved by placing your hands closer together or wider apart along the lat bar.

Main muscles used are the triceps and rear deltoids.

Single Arm Triceps Pressdown

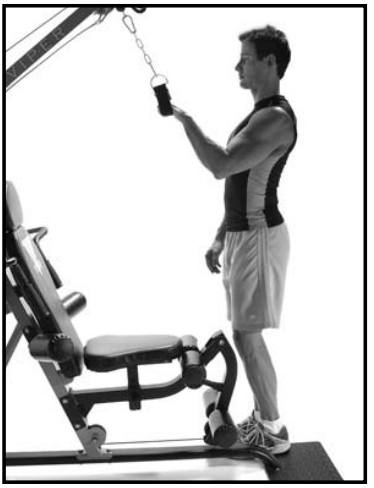
1 Remove the lat bar and attach an ankle cuff/handle to the lat bar cable.

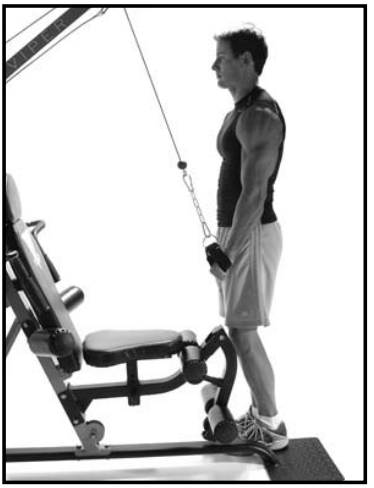
2 Adjust the amount of resistance by adding plates to or removing plates from the high/low pulley weight carriage.

3 Stand on the treadplate as shown and face toward the rear of the machine.

4 Reach up and grab the ankle cuff/handle as shown. Pull the ankle cuff/handle down in an arcing motion. Return to the starting position.

Main muscles used are the triceps and rear deltoids.





Overhead Triceps Extension

1 Adjust the amount of resistance by adding plates to or removing plates from the high/low pulley weight carriage.

2 Sit on the seat facing forward.

3 Grab the ab curl strap and hold them over your head while bending forward as shown.

4 While holding the handles, extend your forearms by flexing your triceps muscles. Return to the starting position.

Main muscles used are the triceps.

Abdominal Crunch with Handles

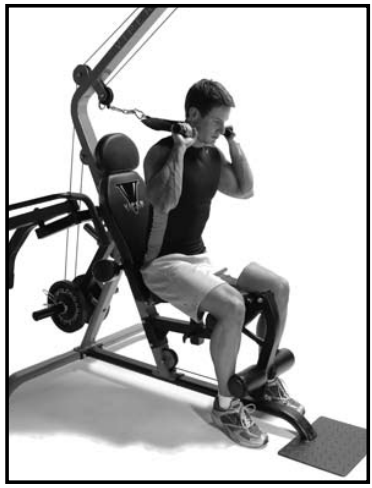
1 Adjust the amount of resistance by adding plates to or removing plates from the high/low pulley weight carriage.

2 Sit on the seat facing forward.

3 Grab the ab curl strap and pull them down to your shoulder/upper chest area as shown.

4 While holding the handles, curl your body forward by flexing your abdominal muscles. Return to the starting position.

Main muscles used are the abdominals.



Cool-Down and Stretching

Here are some great cool-down stretches to help you remove toxins from your muscles and gain greater flexibility. It's important to do a cool down with stretches after each workout. Hold each stretch for at least 10-15 seconds. If you prefer, use a chair should you need help balancing yourself.

Calf Stretch

Step into a lunge position with back leg slightly bent. Rest your hands on your upper thigh then slowly straighten back leg until foot is flat on floor.
Hold stretch for 10-15 seconds. Repeat with other leg.

Quadriceps Stretch

Stand with feet shoulder width apart and knees slightly bent, hold top of foot with hand and gently pull heel towards buttocks. If necessary, hold onto a chair or wall. Hold stretch for 10-15 seconds. Repeat with other leg.

Hamstring Stretch

Standing in a semi-squat position, with one leg bent and one leg straight. Rest your hands on the upper thigh of the straight leg and slowly bend forward. Hold stretch for 10-15 seconds. Repeat with other leg.

Cool-Down and Stretching

Chest/Biceps Stretch

Interlace fingers behind back. Slowly turn elbows inward while straightening arms, then slowly lift arms and keep chin in. Hold stretch for 10-15 seconds.

Shoulder Stretch

Stand with feet shoulder width apart and knees slightly bent, straighten arm across chest and hold forearm with opposite hand, gently pull arm towards chest. Hold stretch for 10-15 seconds. Repeat with other arm.

Triceps Stretch

Stand with feet shoulder width apart and knees slightly bent, with arms overhead, bend one arm behind head. Hold the elbow with the hand of the other arm and gently pull elbow behind head. Keep head and chest neutral at all times. Hold stretch for 10-15 seconds. Repeat on opposite side.

Notes

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Notes

To the best knowledge of Stamina Products, Inc., the specifications, descriptions and illustrative material contained herein are accurate as of the printing of this brochure. Stamina Products, Inc. reserves the right without prior notice to discontinue at any time at its discretion any of the items herein or change specifications or designs without incurring any obligation to the customer. All items are subject to availability.

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* Actual products may vary slightly from pictured.

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